

Imperial Park Recreation Center
234 Matlage Way
Facility usage card required.

CUSTOM CORE PILATES

NO IMPACT.

NO CARDIO.

ALL CORE.



\$60 equipment fee (paid to instructor)
Includes: exercise tube, band, 2 exercise balls with pump, water bottle and bag

We train from the inside out using various techniques to build upon your strengths and banish your weaknesses. All fitness levels welcome.

\$40 per month One Class

\$60 per month Two Classes

Thursdays 7-8 p.m.

Thursdays 9:30 - 10:30 a.m.

Saturdays 10-11 a.m.

